

**Five-Year Development Programme for Team Sports**  
**Training and Development Plan 2018**  
 隊際運動五年發展計劃  
 2018 訓練及發展計劃概要

更新於: 18/06/2018

NSA 體育總會名稱 : **Hong Kong Baseball Association 香港棒球總會 (HKBA)**

Time 時間	Jan–Mar 1-3 月	Apr - Jun 4-6 月	Jul – Sept 7-9 月	Oct – Dec 10-12 月
<b>Training Details</b> 訓練內容	Off-season conditioning (heavier weights, strength increasing), injury rehab, rest parts as required.	With June as first major competition, S & C transitioned into more strength maintenance & toning, stretching before & after, lighter weights, more reps, as well as injury rehab.	Learn from results in Asian Cup and practice on baseball-specific areas such as team tactics, bunt coverage, relays/cut-offs, pick-offs, etc. to prepare for 2018 Asian Games.	Review status of team, strengths and weaknesses based on performance in Asian Games. Recruit, replace, train youth, see if HKSAR-passport-eligible players are abroad to improve weak areas (e.g., starting pitching). Go back to hard strength training with some rest mixed in
<b>Training Schedule</b> 訓練時間表	3 hour sessions. Mon & Thurs – Strength & Conditioning Tues (50%), Fri (50%) – Strength & Conditioning Wed, Sat & Sun – Baseball specific training (emphasis on hitting mechanics, techniques)	3 hour sessions. Mon & Thurs- S & C Tues (50%) – S & C, (50%) Injury treatments, massages, etc., some baseball-specific training Wed, Sat & Sun – baseball-specific training, getting pitchers up & running in a “Spring Training” style, hitters facing more live pitching and game situations, intersquad games ever Saturday & Sunday, formalized (with uniforms, umpires, etc.)	3 hour sessions. Mon & Thurs – S & C and trainer treatments for injuries, etc. Maintain strength, fluidity, looseness. Tues – 50% baseball specific on field, 50% on physio and conditioning Wed – 100% on field, individual skills as well as team tactics, situational reviews, mechanical analysis and corrections of flaws that can be made in short-term.	3 hour sessions. Mon & Thurs - Strength & Conditioning. Baseball is a game of speed, arm speed, bat speed, and running speed, and speed is generated by strength.  Tues – optional, recommended rest. Or, individual one-on-one skill work. Wed – team workouts on field, offensive and defensive strategies, batting tunnel work afterwards. Long toss pitchers to build arm strength for next season.
<b>Venue</b> 訓練地點	Sai Tso Wan Recreational Field, HK	STW	STW	STW
<b>Competition/ Training Camp</b> (local/ overseas) 比賽/訓練營 (本地/海外)	None	Four weekends in China vs. appropriate competition, two in May, two in June.  2018 Asian Cup to be held in HK June 24-28, 2018	Exhibition games in late July and early August.  2018 Asian Games in Jakarta Aug. 22-Sept. 1.	Will lay low and focus on off-season training and strengthening. Intersquad competitions and baseball derivative games.

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<b>Performance Target 提升目標</b>	N/A	<p>Exhib - Play competitive baseball for nine full innings, maintaining focus, drive, intensity, through heat/humidity of HK.</p> <p>Asian Cup – Play in the gold medal game and win HK its first-ever Asian Cup. Tough road, having to go through Indonesia and Phillipines in particular.</p>	<p>Exhib – prove that our weaknesses exposed in Asian Cup have improved, built confidence to over come them.</p> <p>Asian Games – The big four are entered, Japan, Korea, Taiwan (#2, 3 &amp; 6 ranked in the world, respectively). China also in, ranked #20. HK ranked #40. We would love to upset one of he big four, but not realistic at this time. Goal is to finish in fifth place, on top of the other 20 teams in the Asian Baseball Federation. Lots of strong, even or better competitors along the way.</p>	<p>Whiteboard and depth-chart for the 2019 season which involves the 2019 Asian Championship and extremely slim chances to advance toward Olympic berth and/or World Baseball Classic berth.</p>
<b>Others 其他</b>	<p>Conduct process of hiring visiting coach.</p>	<p>Initiate feeder program training, as well as 18U team, FISU Games team, 15U team, create 12U starter program (based on FUNDamentals)</p>	<p>Participate in FISU University Games, and get 18u, 15u and 12u teams abroad, learning how to travel, pack a bag, deal with jet lag, different climates, cultures, languages, hotel stay, curfews, being away from families, having discipline, dealing with different nutrition, religions, etc. This will help prepare these players to perform at their highest level with they reach Team Hong Kong's senior level.</p>	<p>Look at coaching and admin needs for 2019, eligible players abroad, layout details of S &amp; C. Keep in touch with players, keep encouraging and thanking them, provide incentives to remain in program. Fundraise! Try to get overseas tour in place for 2019.</p>

Prepared by: Tom Valcke, Head Coach of Hong Kong Team to 18th Asian Games